SACWN
SACRAMENTO AREA CAREER WOMEN'S NETWORK INC.
Volume 9, No. 5 May 1993

THE COMING OF ZEST!

LESBIAN HEALTH AND AGING

Guest Speaker: Dr. Sadja Greenwood

Author of
"Menopause, Naturally"
and co-author of
"The Medical Self-Care
Book of Women's Health"

Dr. Greenwood presents a holistic approach to the menopause years of a woman's life and urges a natural preparation for the transition. Recognizing that the Latin root for the word "doctor" means teacher, she sees her role as teaching patients to prepare for the changes brought on by aging.

Dr. Greenwood, a general practice physician with a major interest in gynecology and women's health care, is a Professor in the Department of Obstetrics, Gynecology and Reproductive Sciences at the University of California Medical Center, San Francisco. Her book, originally written in 1984 and updated in 1988 and 1992, has an inclusive non-sexist style that considers the health needs of lesbians and does not assume that every woman engages in male/female intercourse. While not a lesbian, Dr. Greenwood's profound and genuine interest in women and their health translates to an understanding of women who live non-traditional life styles.

In lieu of an honorarium, Dr. Greenwood has asked that a collection be taken to benefit the Global Fund for Women. This fund has given away $2,303,871 in 434 small grants to 350 women's groups in 87 counties working on female human rights issues, women's access to communication ,and economic autonomy. Donations are tax deductible.

An event for women over 21

DATE:	**Saturday, May 15, 1993**
PLACE:	**Sacramento Inn, Sierra Room**
	1401 Arden Way, Sacramento
TIME:	**6:30 P.M. Networking;**
	7:30 P.M. Program
TICKETS:	**$ 7 Subscribers**
	$ 12 Non-Subscribers
	$ 15 At the Door

Tickets are available by mail, order form enclosed.

A MESSAGE FROM THE STEERING COMMITTEE

For the past nine years SACWN has sought to create a comfortable and safe environment for lesbians to meet and participate in lesbian culture. For some of us, however, walking alone into a group of hundreds of women can be overwhelming. And so the Special Interest Groups of SACWN or "SIGs" were formed.

Focusing on a shared interest, (such as Bridge, Golf or Hiking) or centered on a commonality (Late Bloomers, Single Connection, or Top Ten), the SIGs provide an easy way to get involved with SACWN and meet women sharing similar concerns.

SIGs are "run" by facilitators who report to the SACWN Steering Committee through the SIG Coordinator. We are currently looking for someone to fill the volunteer position of SIG Coordinator.

In preparation for the appointment of a new Coordinator, a survey was conducted with the current facilitators to determine if any changes should be made in the process of coordinating the SIGs. After reviewing the very valuable comments, we have adopted the following recommendations:

Keep it Simple -
Much of the work of the facilitators is done via the telephone answering machine. Reminders, updates, newsletter copy prior to deadline, all get relayed through the convenience of this electronic wonder. And it works, so we'll keep it simple. (Thanks, Ellie for the process!)

Provide support and training -
We encourage everyone to consider becoming a SIG facilitator. No special skill is required other than an interest in a topic and comfort in reaching out to like-minded people. Our facilatators tell us they have appreciated the encouragement, "how to" instructions, support and general guidance that the Coordinator has tailored to their individual needs and we'll seek to continue with this style of interaction as we recruit a new Coordinator.

Consider the SIGs a Community Service by SACWN -
While some policies and procedures are a necessary reflection of the responsibility and cost that SACWN bears for the SIGs, we have always sought to minimize control of the SIGs. We have required in the past that all participants in the SIGs become SACWN members. Recognizing that these are very difficult economic times for many of us, we will ask our facilitators to encourage people to join, but not require membership to participate in a SIG.

My sincere appreciation to the facilitators who participated in this survey and especially to our "retiring" SIG Coordinator, Ellie Zacks, who gave birth to and nurtured our SIGs for six years. If you are interested in serving as SIG Coordinator, please call me at 447-7255.

And About our May Program -
We are getting older, wiser and stronger. Staying healthy and understanding the changes in our bodies (and in the bodies of the women we love) is so important. Our May meeting will focus on this process of aging, menopause and preparing for the second half of our lives. Join us to celebrate the coming of zest with a speaker who is not only an expert in her field but also includes us as a matter of course!

Rosy

Rosemary Metrailer
Corporate Coordinator

SACWN STEERING COMMITTEE

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Jane Irwin, Finance Coordinator
(916) 424-3153
Ellie Zacks, Special Interest Group Coordinator
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SACWN, Inc. newsletter is published monthly, ten times a year.

No portion of this newsletter may be reproduced without written permission from **SACWN, Inc.** Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

Advertising Rates

Type	Member	Non-Mem
1/2 Business Card 1 3/4 x 1 3/4	$ 14	$ 21
Business Card 3 1/4 x 1 3/4	$ 25	$ 37
Two-column ad 4 1/2 x 2 3/4	$ 40	$ 60
Quarter page 3 1/2 x 4 1/2	$ 50	$75
Half page 7 1/8 x 4 1/2	$ 90	$135
Full page	$160	$240
Classified ads (per word)	.40	.60
Discounts (pre-paid)	1 year	20%
	1/2 year	10%

SPECIAL INTEREST GROUPS -- MAY

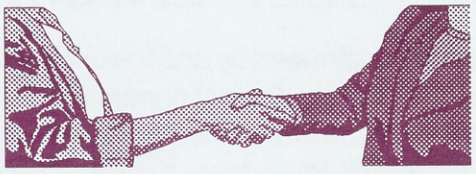
Thanks so much to Jean, Jody, Bev and DeDe who have contributed so much to the Davis community and to SACWN in the Davis Over 30 group. This group is taking a hiatus at this time. Thanks also to Sandy for creating and facilitating the Relationship Forum. She'll be taking her energy into yet another group on Travel.

This is my last column as Special Interest Group Coordinator. I want to let you know that I have really enjoyed this job in the last 5 or 6 years (it's been so long I've lost track!) and will miss the contacts I've had with so many SIG facilitators and SACWN members over the years. I want to thank all of you who have participated so enthusiastically in Special Interest Groups over the years and made them so successful. I especially want to thank the many facilitators with whom I have worked over the years. As I've said before, SIGs are such an important part of SACWN and it's your energy that has made the SIG events so memorable and so enjoyable for so many people. As someone who met her partner and some of her closest friends through Special Interest Groups, I'm very grateful to the collective energy in our SACWN community that has made SIGs possible. Finally, I want to thank the members of the Steering Committee, past and present, who challenged me to grow in ways that have made a real difference to me. Of course, I'll still be participating in SACWN and will enjoy seeing you at various SACWN functions.

Ellie

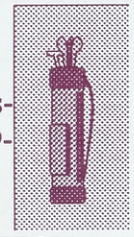
BRIDGE

May games are Friday, May 14 at



7 p.m. at Ellie's and Sunday, May 23 at 4 p.m. at Gail's, 456-6778. Remember to bring your own beverage and to RSVP the hostess at least one day before the game. For more information call Kathy Mullen, 362-3175.

GOLF



Play will continue on Thursdays. Give Judy a call 339-1785, to find out details.

SINGLE CONNECTION

The April potluck planning party featured a visit to the foothills with lots of great food, conversation, ideas and fun. Plans are being made for a Memorial Day B-B-Q, discussion group for newly single women and more. Call Lesha, 676-0641, evenings or 322-7297, days for events planned this month.

LATE-BLOOMERS

This group is reforming with a new facilitator. Our first meeting will be Saturday, May 22. Call Eva at 878-9253 for further details.

TOP TEN

We're going to be meeting at Lee M's (446-7269) on the 3rd Sunday, May 16 at 2 p.m. (note the time change). We'll then be going to the Crocker Museum after a short business meeting. Call Lise, 452-4948 for more details.

HIKING

Get your boots dusted off cause the weather is fine and the trails are beckoning. Join us for a hike in Napa Valley on Saturday, May 8th. Call Karen for details, 753-6670

RAINBOW CAMPERS

The following events for the season were determined at our March planning meeting:

5/14-16 Collins Lake or Coloma
5/21-23 Yosemite
6/12-13 The Beach, Dillon or Wrights
7/1-5 Mt. Shasta/Lake Siskiyou
7/23-25 Women's Gathering
Camp Augusta, Grass Valley
8/13-15 Nevada Beach, Lake Tahoe
9/2-6 Women's Music Festival
9/17-19 Coloma
10/1-3 Bullards Bar

For more information, Call Jayne at 921-6642.

NEWCOMERS

If you are new to Sacramento, come meet others who are new, too! We meet on the 3rd Sunday of every month for dinner to discuss SACWN, its special interest groups, and other resources available to the gay/lesbian community of Sacramento. For more information call Nancy, 454-5847.

HOME REMODELING
HOME REPAIR

Home repair is off the ground hammering! The May discussion meeting will feature a building inspector to discuss when and how to get a permit. Call Lesha, 1-676-0641 (evenings) or 322-7297 (days) for time and location.

NEW GROUPS!

TRAVEL: Details next month on this new group.

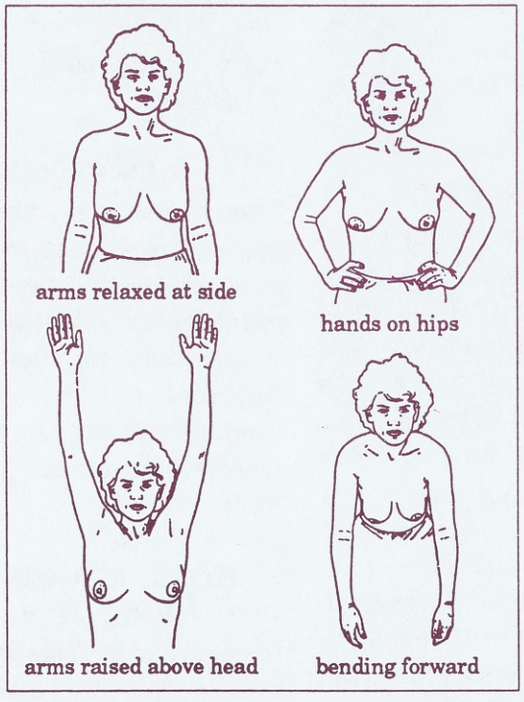
ARTISTS, CRAFTSWOMEN, ARTISANS: Anyone who is dabbling or serious in art -- let's get together; we need each other's support. Call Carmen at 455-9263.

BREAST SELF-EXAMINATION

Cancer is a large group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not checked it results in death. Breast cancer is the most common cancer among adult women of all ages and races. Statistically, one in nine women will get breast cancer. Recent studies have shown that women who have never had children have a one in three risk of developing breast cancer. Early detection significantly increases the chance of survival. Women should examine their breasts when they are least tender, usually seven days after the start of the menstrual period. The following describes the process to be followed:

1 Positions

Visual Inspection: Standing



In each position, look for changes in contour and shape of the breasts, color and texture of the skin and nipple, and evidence of discharge from the nipples.

Palpation: Side-lying & Flat

Use your left hand to palpate the right breast, while holding your right arm at a right angle to the rib cage, with the elbow bent. Repeat the procedure on the other side. The side-lying position allows a woman, especially one with large breasts, to most effectively examine the outer half of the breast. A woman with small breasts may need only the flat position.

Side-lying Position:

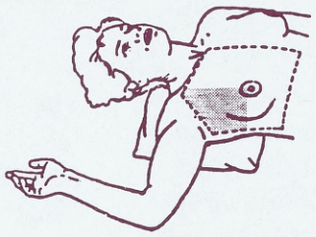
Lie on the opposite side of the breast to be examined. Rotate the shoulder (on the same side as the breast to be examined) back to the flat surface.

Flat Position:

Lie flat on your back with a pillow or folded towel under the shoulder of the breast to be examined.

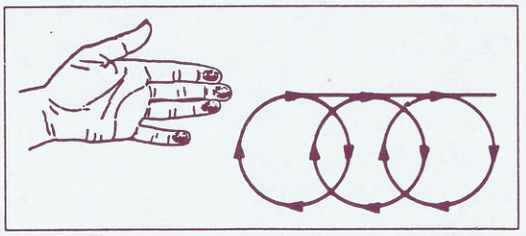
2 Perimeter

The examination area is bounded by a line which extends down from the middle of the armpit to just beneath the breast, continues across along the underside of the breast to the middle of the breast bone, then moves up to and along the collar bone and back to the middle of the armpit. Most breast cancers occur in the upper outer area of the breast (shaded area below).



3 Palpation With Pads of the Fingers

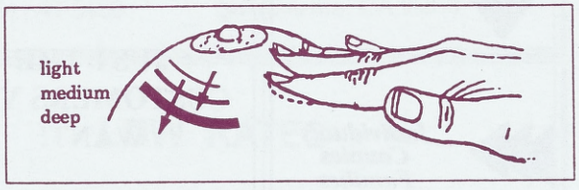
Use the pads of three or four fingers to examine every inch of your breast tissue. Move your fingers in circles about the size of a dime.



Do not lift your fingers from your breast between palpations. You can use powder or lotion to help your fingers glide from one spot to the next.

4 Pressure

Use varying levels of pressure for *each palpation*, from light to deep, to examine the full thickness of your breast tissue. Using pressure will not injure the breast.

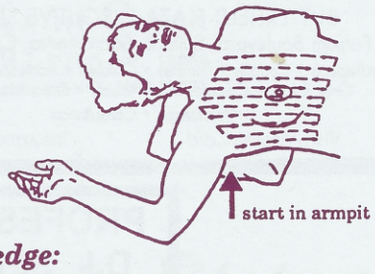


5 Pattern of Search

Use one of the following search patterns to examine all of your breast tissue. Palpate carefully beneath the nipple. Any incision should also be carefully examined from end to end. Women who have had any breast surgery should still examine the entire area and the incision.

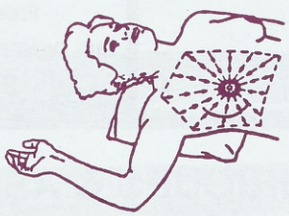
Vertical Strip:

Start in the armpit, proceed downward to the lower boundary. Move a finger's width toward the middle and continue palpating upward until you reach the collarbone. Repeat this until you have covered all breast tissue. Make at least six strips before the nipple and four strips after the nipple. You may need between 10 and 16 strips.



Wedge:

Imagine your breast divided like the spokes of a wheel. Examine each separate segment, moving from the outside boundary toward the nipple. Slide fingers back to the boundary, move over a finger's width and repeat this procedure until you have covered all breast tissue. You may need between 10 and 16 segments.

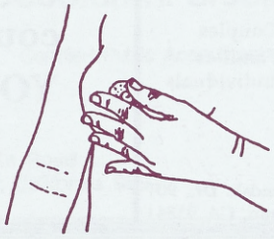


Circle:

Imagine your breast as the face of a clock. Start at 12 o'clock and palpate along the boundary of each circle until you return to your starting point. Then move down a finger's width and continue palpating in ever smaller circles until you reach the nipple. Depending on the size of your breast, you may need eight to ten circles.

Nipple Discharge:

Squeeze your nipples to check for discharge. Many women have a normal discharge.



Axillary Examination:

Examine the breast tissue that extends into your armpit while your arm is relaxed at your side.

SACWN thanks the American Cancer Society for the information contained on this article.
For more information, contact the AMERICAN CANCER SOCIETY at 1-800-ACS-2345.

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SACWN SAYS . . .

We Know How to Give A Warm Welcome..
What a wonderfully diverse group of SACWN women welcomed Gwen Avery to Sacramento in April! We were all ages and races and everywhere on the Loulan scale. And for the first time, we were able to provide American Sign Language interpreting for three participants. Gwen thought we were a wonderful audience and wants to be invited back. She also thinks that SACWN's Kathy Mullen does terrific sound. Thanks Kathy!

LAMBDA FREEDOM FAIR...
Saturday, June 19 is the day for the 1993 Freedom Fair. There seems to be three themes this year for gay pride events. The national theme is "Family of Pride", the San Francisco slogan is "Year of the Queer", and here in Sacramento, we are celebrating "Free in '93." Would you help with the SACWN booth at the fair? We need a team of artisans to design and create our booth and then a dozen women to take one hour shifts. Please call 451-8034 if you can help.

Dentist, Caterer, Plumber, Photographer...
During the past week, women have called the SACWN asking for a referral to lesbians or women who work in these trades. Frequently, there is no information available to make a referral. **Are you out there doing wonderful work that other lesbians could support?** The SACWN directory is the place for you. Advertise in the newsletter and directory and referrals will be made to your business. A special ad campaign is about to be launched by SACWN. For details and advertising rates, call the SACWN office.

Also in this newsletter, you will find a form to complete to be listed in the SACWN directory. This form will run in the next two issues of the newsletter. Please consider listing yourself, so that other SACWN members who have services to sell can include you on their mailing list. It is a very small step in coming out, and a very important contribution to lesbian entrepreneurs.

JOYFUL LOVING:
Healing Past, Present and Future Relationships

A Workshop for Lesbians Who Desire Loving, Nurturing, Passionate Relationships

For women who are on a healing path:

- Learn tools for conscious living and loving
- Increase your energy and enthusiasm for life
- Connect with your creative, joyful, loving self

May 22nd, 1993
9:30 a.m.- 3:30 p.m.
$55 (Includes Vegetarian lunch)
Pre-registration required.
For more information, call
Kate MacKenzie L.C.S.W.
(916) 447-0350

Kate is a Licensed Clinical Social Worker in private practice with 15 years service to the lesbian and gay community. She is committed to the healing of our planet through the teaching and practice of ***self****-loving.*

CALENDAR

SACWN

Saturday, May 15

Dr. Sadja Greenwood, Author of "Menopause, Naturally" will speak about our health and our changing bodies (or the changing body of someone you love!)

Friday, June 18

Gay Pride Community Dance
A Celebration! SACWN and SLCC are co-sponsoring this dance at the YWCA. Everyone is invited (men and women). Dance to the tunes of Second Wind. From 8 p.m.

Friday thorough Sunday, July 23-25

Sacramento Women's Gathering: a weekend of fun at Camp Augusta near Grass Valley; a lake with canoes; a 40 foot waterfall; private showers with hot water; cabins with walls open to the stars.

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Roommates
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Jimmy Dean
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EARLY REGISTRATION FEE (Before June 15, 1993) $60 for Subscriber; $65 for non-subscribers. After June 15, 1993, registration fee will be $70 for subscribers and $75 for non-subscribers. Fee includes two nights of lodging in cabins (bring bedroll or sleeping bag), five meals, entertainment and great companionship. Additional information will be mailed prior to the event.

COMMUNITY CALENDAR

Friday, May 7
BACW Central Valley Dance and Spring Fling at the American Legion Hall in Modesto. Call Dodie (209) 869-0779 for ticket info.

Thursday, May 13
A fundraiser for Carole Migden from 5:30 to 7:30 p.m. at the home of John Daniels and Dr. Sid Kramer, 341 Ross Way, Sacramento (Howe and Watt near Crocker Circle). Call Robert Oaks at 441-3895. Carole will run for re-election to the San Francisco Board of Supervisors in 1994. For questions call Eileen Gillis, 448-4246.

Sunday, May 16
Lambda Letters Auction at 3:00 p.m. at the Townhouse, 1517 21 St. Karla Carmony will be one of the auctioneers.

Yes, I want to be listed in the 1993 SACWN Directory that will be published in September. I understand that this directory will be distributed to SACWN subscribers and sold at SACWN functions to subscribers. List me as follows:

Name: _____

Address: _____

City: _____ State: ____ Zip: ____

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Occupation: _____

Employer: (Optional) _____

___ Send information regarding advertising in the directory.

Please return by August 1, 1993 to:
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Sunday, May 23
Judy Fjell, the Sacramento Women's Chorus and Mimi Freed will perform at a benefit concert for Mary and Andra Northup at 2:00 p.m. at the Palms Playhouse. ASL interpretations will be provided by Roberta Latefa Mineo. Admission is $10-20 tax deductible donations (sliding scale). Tickets are available at the door as well as in advance from Recycle records in Davis and Lioness Books in Sacramento.

The proceeds of this event will be used to defray the Northups' legal expenses. The Northups, a lesbian couple together for nine years, are defending themselves in litigation initiated by a semen donor seeking full parental rights to a child born to the Northups by artificial insemination.

Saturday, June 5
CAP-PAC annual fundraising dinner at the Radisson Hotel, Sacramento. Speakers include San Francisco Supervisor Roberta Achtenberg and Los Angeles political activist David Mixner. Tickets are $75

IN THE COMMUNITY

SUNDAY
Women of Color Support Group
Lambda Center, 1931 L Street
7:15 to 9:00 p.m., call Josie at 442-0185

MONDAY
Women's Rap and Social Group
Lambda Center 442-0185

TUESDAY
Being Gay Today, 10 P.M. on Cable 18

THURSDAY
Women's Coming Out Group
6-7:30 Lambda Center 442-1085

FRIDAY
Country Western Dancing at 7:30 at MCC Call 454-4726

SACWN, INC.

SUBSCRIPTION RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

CATEGORIES	RATES
Regular Subscriber	$36/year
Two-in-One Household	$60/year
Limited Income Subscriber* (Student/Senior/Disabled)	$24/year
Sustaining Subscriber**	$48/year

Enclosed check and mail to: **SACWN, Inc., 1616 29th Street Suite 310, Sacramento, CA 95816**

Name(1) _____ Name(2) _____

Address _____

City _____ State _____ Zip _____

Phone(H) _____ (H) _____

Phone(W) _____ (W) _____

Career Interests

(1) _____

(2) _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend. A $10 fee will be charged on returned checks.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature _____ Date _____

Signature _____ Date _____

*LIMITED INCOME - We consider a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget.

* SENIORS -Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

THE COMING OF ZEST!

LESBIAN HEALTH AND AGING

WITH DR. SADJA GREENWOOD

SACRAMENTO INN
1401 ARDEN WAY, SIERRA ROOM
SACRAMENTO

SATURDAY, MAY 15, 1993

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

Category	# Tickets	Subscriber Name or #
Subscribers $7	_____	_____
Limited Income (Seniors, Disabled, Student Subscribers) $5	_____	_____
Non-subscribers $12	_____	

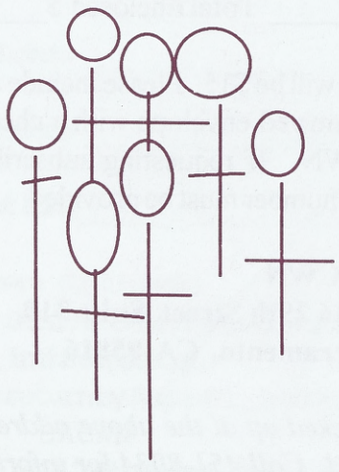
Total Tickets: _____ Total Enclosed $_____

Tickets at the door will be $15. Please include a **self-addressed stamped** envelope with a check made payable to SACWN. If requesting subscriber rate, subscriber name or number must be provided.

Send to:

SACWN
1616 29th Street, Suite 310
Sacramento, CA 95816

Tickets may be picked up at the above address when pre-arranged. Call 451-8034 for information. Directions will be provided with returned tickets purchased by mail.

SACWN

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